

Monday

Tuesday

Wednesday

Thursday

Friday

CHICKEN, GENERAL TSO'S	271 cal
Chicken Tender Sub	446 cal
Spicy Chicken Tender Sub	446 cal
Vegan, Chik'n Nuggets w/ Crackers	277 cal
Salad, Chef	287 cal
Vegan Salad, w/ Chik'n Nuggets	336 cal
Brown Rice	222 cal
Peas and Carrots Blend	91 cal
Sweet Potato Crinkle	169 cal
Cut Fries	16 cal
Tossed Salad w/Romaine Lettuce & Grape Tomatoes	21 cal
Fresh Cucumbers with Carrots	21 cal
Mixed Fruit Cup	80 cal
Fresh Apples	68 cal
Breaded Chicken Fillet on Bun	344 cal
Breaded Spicy Chicken Fillet on Bun	363 cal
Four Meat Pizza	371 cal

ARROZ CON POLLO	487 cal
Mexican Pizza	351 cal
Latin Style Black Beans w/ Brown Rice	113 cal
Brown Rice	222 cal
Black Beans	85 cal
Seasoned French Fries	121 cal
Tossed Salad w/Romaine Lettuce & Grape Tomatoes	16 cal
Fresh Zucchini and Yellow Squash Salad	15 cal
Fresh Baby Carrots, Snack Pack	23 cal
Frozen Rips Strawberry Kiwi	60 cal
Variety Fresh Fruit	2481 cal
Hamburger on Bun	369 cal
Cheeseburger on Bun	404 cal
Mini Chicken Fillet Slider on Hawaiian Roll	481 cal
Buffalo Chicken Pizza	379 cal

HOKE POKE CHICKEN, GENERAL TSO'S	271 cal
Vegan Bean & Green Chile Burrito	296 cal
Breaded Breast Fillet	270 cal
Salad, Egg & Cheese	247 cal
Woolies Noodles	277 cal
Steamed Corn	87 cal
Fresh Sliced Cucumbers	11 cal
Fresh Grape Tomato Salad	15 cal
Black Beans	85 cal
Fresh Apple Slices	29 cal
Pears, Cup	70 cal
Dinner Roll	70 cal
Breaded Chicken Fillet on Bun	344 cal
Breaded Spicy Chicken Fillet on Bun	363 cal
Chicken Breast Strips	214 cal
Spicy Chicken Breast Strips	214 cal
Four Meat Pizza	371 cal

BAKED ZITI	390 cal
Spicy Chicken Tender Sub	446 cal
Yogurt Parfait, Peach	492 cal
Salad, Chef	287 cal
Plant-Based Fiesta Salad w/ Hummus	326 cal
Garlic Breadsticks	110 cal
Roasted Zucchini, Yellow Squash Mix	48 cal
Sweet Potato Crinkle	169 cal
Cut Fries	16 cal
Tossed Salad w/Romaine Lettuce & Grape Tomatoes	16 cal
Farm Fresh Green Beans	51 cal
Fresh Apple Slices	29 cal
Mixed Fruit Cup	80 cal
Hamburger on Bun	369 cal
Cheeseburger on Bun	404 cal
Mini Chicken Fillet Slider on Hawaiian Roll	481 cal
Buffalo Chicken Pizza	379 cal

CHICKEN POPCORN	255 cal
Jamaican Beef Patty	227 cal
Vegan, Chik'n Nuggets w/ Crackers	277 cal
Vegan Salad, w/ Chik'n Nuggets	336 cal
Salad, Chef	287 cal
Brown Rice	222 cal
Farm Fresh Corn Cobettes	97 cal
Fresh Mini Sweet Peppers	13 cal
Tossed Salad w/Romaine Lettuce & Grape Tomatoes	16 cal
Black Beans	85 cal
Fresh Grape Tomato Salad	15 cal
Variety Juice	90 cal
Fresh Sliced Orange	66 cal
Breaded Chicken Fillet on Bun	344 cal
Breaded Spicy Chicken Fillet on Bun	363 cal
Four Meat Pizza	371 cal

No menu published

BURRITO BOWL	347 cal
Fish Patty on Bun	389 cal
Yogurt Parfait, Strawberry	446 cal
Salad, Chef	287 cal
Vegan Salad, w/Hummus	226 cal
Tortilla Scoop Chips	100 cal
Street Corn	146 cal
Black Beans	85 cal
Strawberry Applesauce	70 cal
Cup	2481 cal
Variety Fresh Fruit	2481 cal
Hamburger on Bun	369 cal
Cheeseburger on Bun	404 cal
Mini Chicken Fillet Slider on Hawaiian Roll	481 cal
Fresh Zucchini and Yellow Squash Salad	15 cal
Fresh Baby Carrots, Snack Pack	23 cal
Buffalo Chicken Pizza	379 cal

CHICKEN WINGS	703 cal
BBQ Chicken Wings	727 cal
Cajun Seasoned Chicken Wings	709 cal
Korean BBQ Chicken Wings	740 cal
Salad, Egg & Cheese	247 cal
Salad, Sliced Turkey Ham and Cheese	254 cal
Breaded Onion Rings	180 cal
Fresh Carrots & Celery	17 cal
Potato, Cajun Seasoned French Fries	104 cal
Black Beans	85 cal
Fresh Baby Carrots, Snack Pack	23 cal
Chilled Pears	61 cal
Mixed Fruit Cup	80 cal
Dinner Roll	70 cal
Breaded Chicken Fillet on Bun	344 cal
Breaded Spicy Chicken Fillet on Bun	363 cal
Spicy Chicken Breast Strips	214 cal
Four Meat Pizza	371 cal

BEEF A RONI	364 cal
Chicken Caesar Wrap	216 cal
Vegan Bean & Green Chile Burrito	296 cal
Yogurt Parfait, Peach	492 cal
Salad, Sliced Turkey Ham and Cheese	254 cal
Salad, Seeds & Cheese	387 cal
Hawaiian Roll	129 cal
Steamed Broccoli	49 cal
Sweet Potato Wedges	153 cal
Broccoli (Cold)	28 cal
Fresh Baby Carrots, Snack Pack	23 cal
Fresh Apple Slices	29 cal
Pears, Cup	70 cal
Hamburger on Bun	369 cal
Cheeseburger on Bun	404 cal
Mini Chicken Fillet Slider on Hawaiian Roll	481 cal
Buffalo Chicken Pizza	379 cal

BROWARD SPICY BOWL	578 cal
Broward Bowl	578 cal
Vegan, Chik'n Nuggets w/ Crackers	277 cal
Turkey Ham & Cheese Melt	396 cal
Vegan Salad, w/ Chik'n Nuggets	336 cal
Salad, Sliced Turkey Ham and Cheese	254 cal
Steamed California Blend Vegetables	71 cal
Fresh Mini Sweet	13 cal
Tossed Salad w/Romaine Lettuce & Grape Tomatoes	16 cal
Peppers	23 cal
Fresh Baby Carrots, Snack Pack	23 cal
Variety Juice	90 cal
Variety Fresh Fruit	2481 cal
Breaded Chicken Fillet on Bun	344 cal
Breaded Spicy Chicken Fillet on Bun	363 cal
Four Meat Pizza	371 cal

BEEF & BROCCOLI	267 cal
Spicy Chicken Tender Sub	446 cal
Brown Rice	222 cal
Roasted Farm Fresh Beans	40 cal
Sweet Potato Crinkle	169 cal
Cut Fries	16 cal
Tossed Salad w/Romaine Lettuce & Grape Tomatoes	16 cal
Fresh Baby Carrots, Snack Pack	23 cal
Pineapple Wedges, Individually Wrapped	50 cal
Variety Fresh Fruit	2481 cal
Vegan, Chik'n Nuggets w/ Crackers	277 cal
Breaded Chicken Fillet on Bun	344 cal
Breaded Spicy Chicken Fillet on Bun	363 cal
Chicken Breast Strips	214 cal
Four Meat Pizza	371 cal

PREMIUM BEEF TACO/NACHOS MEAT	367 cal
Latin Style Black Beans w/ Brown Rice	113 cal
Yogurt Parfait, Blueberry	439 cal
Salad, Egg & Cheese	247 cal
Salad, Sliced Turkey & Cheese	241 cal
Soft Tortilla	92 cal
Brown Rice	222 cal
Baked Potato	170 cal
Steamed Broccoli	49 cal
Tossed Salad w/Romaine Lettuce & Diced Tomatoes	15 cal
Fresh Broccoli & Cucumber Salad	15 cal
Fresh Apple Slices	29 cal
Peach Cup	70 cal
Hamburger on Bun	369 cal
Cheeseburger on Bun	404 cal
Mini Chicken Fillet Slider on Hawaiian Roll	481 cal
Buffalo Chicken Pizza	379 cal

BONELESS CHICKEN WINGS	703 cal
Philly Cheese Steak	275 cal
Sub	297 cal
Vegan Bean & Green Chile Burrito	296 cal
Salad, Sliced Turkey Ham and Cheese	254 cal
Vegan Salad, w/Hummus	226 cal
Brown Rice	222 cal
Fresh Carrots & Celery	17 cal
Sticks	709 cal
Potato, Cajun Seasoned French Fries	104 cal
Tossed Salad w/Romaine Lettuce & Grape Tomatoes	16 cal
Fresh Grape Tomato Salad	15 cal
Pears, Cup	70 cal
Variety Fresh Fruit	2481 cal
Breaded Chicken Fillet on Bun	344 cal
Breaded Spicy Chicken Fillet on Bun	363 cal
Spicy Chicken Breast Strips	214 cal
Four Meat Pizza	371 cal

CHEESE TORTELLINI	265 cal
Meat Sauce	306 cal
Chicken Caesar Wrap	216 cal
Plant-Based Fiesta Wrap w/ Hummus	377 cal
Yogurt Parfait, Peach	492 cal
Salad, Chef	287 cal
Salad, Vegan w/ Buffalo Fava Crisp	248 cal
Hawaiian Roll	129 cal
Steamed California Blend Vegetables	71 cal
Sweet Potato Wedges	153 cal
Tossed Salad w/Romaine Lettuce & Diced Tomatoes	15 cal
Fresh Zucchini and Yellow Squash Salad	15 cal
Black Beans	85 cal
Steamed Corn	87 cal
Applesauce Cup	50 cal
Variety Fresh Fruit	2481 cal
Buffalo Chicken Pizza	379 cal

CHICKEN POPCORN	255 cal
Jamaican Beef Patty	227 cal
Vegan, Chik'n Nuggets w/ Crackers	277 cal
Salad, Sliced Turkey Ham and Cheese	241 cal
Vegan Salad, w/Hummus	226 cal
Brown Rice	222 cal
Roasted Butternut Squash	104 cal
Tossed Salad w/Romaine Lettuce & Grape Tomatoes	16 cal
Black Beans	85 cal
Variety Juice	90 cal
Variety Fresh Fruit	2481 cal
Breaded Chicken Fillet on Bun	344 cal
Breaded Spicy Chicken Fillet on Bun	363 cal
Four Meat Pizza	371 cal

CHICKEN TERIYAKI	245 cal
Korean BBQ Shredded Chicken on Bun	438 cal
Vegan, Chik'n Nuggets w/ Crackers	277 cal
Vegan Salad, w/ Chik'n Nuggets	336 cal
Salad, Chicken Tenders	270 cal
Vegetable Egg Roll	140 cal
Lo Mein	265 cal
Steamed Broccoli	49 cal
Roasted Oil Carrots	51 cal
Tossed Salad w/Romaine Lettuce & Diced Tomatoes	15 cal
Fresh Baby Carrots, Snack Pack	23 cal
Frozen Whole Fruit	77 cal
Variety Fresh Fruit	2481 cal
Dinner Roll	70 cal
Breaded Chicken Fillet on Bun	344 cal
Breaded Spicy Chicken Fillet on Bun	363 cal
Spicy Chicken Breast Strips	214 cal
Four Meat Pizza	371 cal

BEEF & CHEESE TACO CRISP	360 cal
Jamaican Beef Patty	227 cal
Vegan Bean & Green Chile Burrito	296 cal
Parfait, Pineapple w/Cheese Stick	395 cal
Salad, Egg & Cheese	247 cal
Salad, Sliced Turkey & Cheese	241 cal
Plantains	283 cal
Black Beans	85 cal
Tossed Salad w/Romaine Lettuce & Grape Tomatoes	16 cal
Fresh Broccoli & Cucumber Salad	15 cal
Applesauce Cup	50 cal
Variety Fresh Fruit	2481 cal
Hamburger on Bun	369 cal
Cheeseburger on Bun	404 cal
Mini Chicken Fillet Slider on Hawaiian Roll	481 cal
Buffalo Chicken Pizza	379 cal

CHICKEN WINGS	703 cal
BBQ Chicken Wings	727 cal
Cajun Seasoned Chicken Wings	709 cal
Korean BBQ Chicken Wings	740 cal
Salad, Egg & Cheese	247 cal
Latin Style Black Beans w/ Brown Rice	113 cal
Vegan Salad, w/Hummus	226 cal
Salad, Chicken Tenders	270 cal
Brown Rice	222 cal
Fresh Carrots & Celery	17 cal
Potato, Cajun Seasoned French Fries	104 cal
Tossed Salad w/Romaine Lettuce & Grape Tomatoes	16 cal
Fresh Grape Tomato Salad	15 cal
Pears, Cup	70 cal
Variety Fresh Fruit	2481 cal
Dinner Roll	70 cal
Breaded Chicken Fillet on Bun	344 cal
Breaded Spicy Chicken Fillet on Bun	363 cal
Spicy Chicken Breast Strips	214 cal
Four Meat Pizza	371 cal

BAKED ZITI	390 cal
Salad, Egg & Cheese	247 cal
Salad, Chef	287 cal
Yogurt Parfait, Strawberry	446 cal
Garlic Breadsticks	110 cal
Roasted Zucchini, Yellow Squash Mix	48 cal
Sweet Potato Crinkle	169 cal
Cut Fries	16 cal
Tossed Salad w/Romaine Lettuce & Grape Tomatoes	16 cal
Farm Fresh Green Beans	51 cal
Fresh Apple Slices	29 cal
Mixed Fruit Cup	80 cal
Hamburger on Bun	369 cal
Cheeseburger on Bun	404 cal
Mini Chicken Fillet Slider on Hawaiian Roll	481 cal
Buffalo Chicken Pizza	379 cal

CHICKEN POPCORN	255 cal
Fish Patty on Bun	389 cal
Vegan, Chik'n Nuggets w/ Crackers	277 cal
Salad, Sliced Turkey Ham and Cheese	241 cal
Vegan Salad, w/ Chik'n Nuggets	336 cal
Brown Rice	222 cal
Farm Fresh Corn Cobettes	97 cal
Fresh Mini Sweet	13 cal
Peppers	23 cal
Tossed Salad w/Romaine Lettuce & Grape Tomatoes	16 cal
Black Beans	85 cal
Fresh Grape Tomato Salad	15 cal
Variety Juice	90 cal
Variety Fresh Fruit	2481 cal
Breaded Chicken Fillet on Bun	344 cal
Breaded Spicy Chicken Fillet on Bun	363 cal
Four Meat Pizza	371 cal